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Your essential daily news | TUESDAY, JUNE 7, 2016 | High 21°C/Low 14°C Mostly sunny

CRAB PARK FEELING THE PINCH
East Vancouver residents, politicians worried port expansion threatens waterfront park
metroNEWS

JENNIFER GAUTHIER/FOR METRO

Family 'betrayed' by historic ruling

SUPREME COURT

Assisted-death bill under fire from all sides, stalled in Senate

David P. Ball
Metro | Vancouver

For the daughter of the late Kay Carter — an 89-year-old North Vancouver woman at the heart of a historic court case that legalized doctor-assisted suicide in Canada — Monday should have been a day of celebration. Instead, Lee Carter said, she felt "betrayed."

Monday marked the Supreme Court of Canada's deadline for the federal government to pass a law on assisted dying. In its absence, it became legal for doctors to end their patient's lives, under tight restrictions set by the top court.

But with the government's proposed Bill C-14 under fire from all sides and stalled in the Senate, the victory was overshadowed by deeply flawed legislation.

"Today, we're celebrating that Canadian law now allows Canadians to have a dignified and peaceful death," Lee Carter told reporters, beside a photograph of her deceased mother. "However, I feel betrayed. The Liberal government has crafted Bill C-14 to be so restrictive that my own mother would be turned away."

Lee Carter, left, and her brother Price Carter on Monday. DAVID P. BALL/METRO

Kay Carter, who suffered from spinal stenosis, ended her life at a Swiss medical clinic in January 2010 after dictating her final wishes to her family: "I have chosen to die with dignity, tomorrow."

Six years later, Carter's legal victory opened a door to other "competent" and consenting adults with "grievous and irremediable" medical conditions like her own.

Bill C-14 requires that patients be facing "reasonably foreseeable" death and prevents them from consenting in advance.

It also drew the ire of disability-rights advocates, who argued that many people with disabilities are vulnerable to being coerced into ending their own lives.

"We're concerned about people who are vulnerable to being induced to commit suicide through this system," Michael Bach, executive vice-president of the Canadian Association for Community Living, told Metro in an earlier interview. "While C-14 recognizes that concern in its preamble, the bill doesn't actually include safeguards for that."

The B.C. Civil Liberties Association, which led Carter's legal challenge, held a press conference in Vancouver on Monday to decry the legislation.

The association's litigation director, Grace Pastine, told reporters that even though there's now no legislation governing doctor-assisted suicide, patients' rights are protected because medical regulators in every province have created rules around "providing this humane option," combined with limits laid out the Supreme Court's ruling.

"While the federal government has not yet been able to enact federal legislation," she said, "there is already a robust system of safeguards across the country ... to ensure the person is competent and protected against any coercion."

The same day, British Columbia's government issued a statement to mark the Supreme Court of Canada's deadline expiry and expressing its hope that the federal government would pass its legislation "quickly."

"In the meantime, we will be guided by the criteria in the Supreme Court's ruling," said a statement from Health Minister Terry Lake and Attorney General Suzanne Anton.

"Our ministries are working together, alongside the province's professional regulatory colleges and other partners, to ensure safeguards are in place to protect vulnerable patients."

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Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

Transit underfunded: Report

DAVID SUZUKI FOUNDATION

B.C. falling far short of 2008 commitment of $4.7 billion

Wanyee Li
Metro | Vancouver

British Columbia's track record of funding Vancouver transit falls far short of its 2008 commitment of $4.75 billion, according to a report released Monday by the David Suzuki Foundation.

With four years left in the 12-year strategy, the province has put up 23 per cent of its promised contributions to transit in what the report calls a "systemic deficit in funding."

The funding gap means the province is not able to take full advantage of the federal government's offer of matching provincial and regional transit funding, said Ian Bruce, the foundation's science and policy director.

"We can't understand how the B.C. government could be letting this opportunity go," he said.

The province stated in May that it is committing $246 million over three years for transit improvements in Metro Vancouver.

The minister responsible for TransLink, Peter Fassbender, defended his government's track record on funding transit projects.

"We made a promise on a number — that was then," he said. "The government stands behind its position that we are prepared to fund the Broadway corridor and south of the Fraser (light-rail) line and the extension eventually to Langley."

He went on to list the projects that the government has funded since 2008, including the 2012 Port Mann Bridge and the ongoing construction of the Evergreen Line.

But those projects have not prevented transit ridership from declining, according to the report, which says ridership decreased by five million passengers in 2013 alone.

Metro Vancouver residents could face more congestion if the trend of decreasing transit ridership is not reversed because the region's population is projected to increase by 1.4 million by 2040, according to the report.

"The province and our local mayors need to put their differences aside and come up with a better funding solution," said Bruce.

There is no set date for a meeting between the B.C. government and Metro Vancouver's mayors, according to Fassbender.

> **We made a promise.... That was then.**
> Peter Fassbender

With four years left in the 12-year strategy, the province has put up 23 per cent of its promised contributions to transit. METRO FILE

SEARCH MISSION

Missing plane found, with all passengers safe

Rescue crews say a single-engine plane missing from British Columbia's south coast has been found and all three passengers are safe.

A spokeswoman for the Joint Rescue Co-Ordination Centre in Victoria has confirmed the aircraft has been located but could not provide any details.

The Beechcraft Musketeer plane took off from Pitt Meadows airport, east of Vancouver, just before 8:30 a.m. Sunday, and the three people aboard planned to land in Pemberton before returning.

The trio was reported overdue on Sunday afternoon.

Rescuers focused their search on a 100-kilometre section of a rugged and remote valley between the northern end of Indian Arm and Pemberton.

Members of the Canadian Air Search and Rescue Association, who are civilian aviators trained to assist in aerial searches, were also called in to help.

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Britannia bill unfair: Trustee

VANCOUVER SCHOOL BOARD

Operating deal for community hub back under negotiations

David P. Ball
Metro | Vancouver

The Vancouver School Board is paying more than its fair share of running the popular eastside Britannia Centre, one of the board's trustees argued Monday.

Stacy Robertson put a motion before the school board last night calling for the city to step up with more funding, and if it fails to do so wants to pull out of the current cost-sharing deal.

With the school board facing a $24-million budget shortfall, leading to unpopular cuts, he argued that the board's share of Britannia's bill is indefensible.

"We're essentially subsidizing the operations of another arm of government," the Non-Partisan Association trustee told Metro in a phone interview before the meeting. "We're looking at difficult decisions of closing schools and laying off or making cuts to literacy teachers, multicultural workers, and all the other things in our budget that we had to cut.

"There are lots of programs we could fund without these dollars going out the door. The city needs to step up."

A cyclist rides past the indigenous carving pavilion in the parking lot behind the ice rink at Britannia secondary school. JENNIFER GAUTHIER/FOR METRO

The seven-hectare centre includes three schools, several childcare facilities, a seniors' lounge, teen centre, library, fitness centre, pool, ice rink, First Nations carving pavilion, and art gallery.

The vast array of tenants offer "womb to tomb" services, quipped school board chair Mike Lombardi in a phone interview. Despite that, it's the school board that picks up the tab for not only its two schools there, but maintenance of the entire site.

Lombardi said that the parties to Britannia's operating agreement are currently in negotiations over funding for the model.

"We want to make sure we're getting the most cost-efficient deal we can for what we're paying for," he told Metro in a phone interview. "I'm sure the city has the same objective.

> **We're essentially subsidizing the operations of another arm of government.**
> Stacy Robertson

"We're at the point where both parties have gotta settle down, roll up their sleeves and sharpen their pencils on all sides, and come up with an agreement that gets a good deal for both parties — and for the fabulous range of services for the community."

He remembers the centre's opening in 1976; it was soon after he graduated from Britannia Secondary School in 1969.

"The integrated service model is a great example of a cooperative initiative. But we need to make sure all the agreements are in line with current realities."

INVASIVE SPECIES

West unites against mussels

Western provinces and territories are banding together to try to prevent the spread of invasive species.

Manitoba, Saskatchewan, Alberta, British Columbia and Yukon have agreed to co-ordinate efforts to stop species such as zebra mussels from taking hold.

The destructive mussels were discovered for the first time in Manitoba in 2013, which set off alarm bells in other western provinces.

The mussels reproduce quickly and can disrupt the food chain, clog water pipes and create algae.

Manitoba Environment Minister Cathy Cox says the provinces will co-ordinate watercraft inspection stops and share resources if any mussels are found.

She says Manitoba is the aquatic gateway to the West and an important battleground in the fight against the spread of zebra mussels.

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Residents fighting to 'preserve' Crab Park

PORT OF VANCOUVER

Plans include a seven-acre expansion westward

Wanyee Li
Metro | Vancouver

Some East Vancouver residents are concerned their view of the Burrard Inlet from Crab Park will be ruined by the Port of Vancouver's expansion project.

Preliminary plans for the port project include a seven-acre expansion westward into the water, potentially blocking park-goers views of the North Shore.

The project, called the Centerm Expansion Project, would increase the port's container capacity by two-thirds.

But the park is a "sacred space" for local residents, said Jenny Kwan, NDP MP for Vancouver East.

Vancouver's Crab Park is slated to undergo an expansion starting in 2017. JENNIFER GAUTHIER/FOR METRO

"Every junction, it feels very much like we are just having to fight to preserve this park for our community."

Crab Park, the only public green space in East Vancouver's waterfront, was opened in 1989 as a result of campaigning by the community.

Kwan and NDP MP for Port Moody-Coquitlam Fin Donnelly met with Port of Vancouver CEO Robin Silvester on Friday to present their concerns.

Those concerns range from environmental assessment of the port's expansion project to the organization's emergency preparedness measures.

The Port of Vancouver currently conducts its own environmental assessments but Kwan wants that to change in order to keep the organization accountable.

"We want that to be done independently," she said. "We want it to be peered reviewed, for example.

"We didn't get fulsome answers to all the questions," added Kwan, who is waiting for a written response from the Port of Vancouver.

She says the Port of Vancouver told her it would conduct further public consultation on the expansion project before it goes ahead. Construction for the Centerm expansion project is slated to start in early 2017.

Kwan is gathering signatures for a petition to show the Port of Vancouver just how much Crab Park matters to residents.

"We only just got the petition up and running last week and people are signing this petition like crazy."

Kwan says she will join supporters at Crab Park at 1 p.m. on Saturday for a rally to fight the port's expansion.

The port was not available to provide comment by Metro deadline.

MURDER TRIAL

Court hears that love triangle led to death

A Kamloops jury has heard that a volatile love triangle led to the death of a 22-year-old man at the hands of two high school students.

A 24-year-old Salmon Arm man is on trial in B.C. Supreme Court, charged with first-degree murder in the death of Tyler Myers in November 2008.

A 25-year-old woman is also charged, but a date for her trial has not yet been set, and because both were under the age at the time of the alleged crime, neither can be publicly named.

The accused man pleaded guilty to second-degree murder Monday, but Crown prosecutor Bill Hilderman refused the plea.

The lawyer told the 12-person jury that both Myers and the man believed they were in a relationship with the woman who is charged, and both were aware of the other's involvement with her.

"Understandably, this caused friction between the two men," Hilderman said in his opening statement.

The pair charged with Myers' death hatched a plan to borrow a gun from a friend and lure him to an empty Salmon Arm schoolyard near a forested area, Hilderman said.

Jurors were told the accused was hiding in the woods and shot Myers multiple times when the woman left momentarily under the guise of going to the washroom.

The man was interviewed by police two days later and denied any involvement in the death, Hilderman said, and the investigation slowed.

The victim's mother also testified Monday, saying she dropped her son off at the school on the night of his death.

Barbara Myers told the court her son was meeting the young woman to talk about the love triangle they were entangled in, and he seemed "distressed" before she dropped him off.

The next day, she said, two detectives showed up at her door to say her son was dead.

The trial is expected to last for about a month.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
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Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

Horse club faces rebuild

Return to FORT MAC

Over 100 horses scattered after stables burn to the ground

Alex Boyd
Metro | Edmonton

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners'.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south. When fire cut off that escape route, only one choice remained: Open the gates.

"(The remaining horses) knew it wasn't safe and they had to leave," said Charity Wiley, the club's public relations director.

And leave they did, forming a small herd and moving north through the forest.

"It reminds you that as domesticated as these animals are, they're descended from wild horses, and they still have a little survival skill in them," she said.

Now they've all been lured back by food, and Wiley said they're all safe.

But no one knows when they'll be able to go home.

Over half of the Club's 40 or so stables have burnt to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

Part of the attraction of living in Fort McMurray is a lifestyle close to the outdoors, and for many, that includes horses.

> **If it's not safe for people, it's not safe for animals.**
> Charity Wiley

At Clearwater, the only public horse facility in town, the waiting list was as long as five years.

Now, their 100 equine tenants, ranging from pleasure horses to competition animals for sports like jumping or Western reining, are scattered across three provinces.

When it comes to rebuilding, their member-based model is working against them.

The destroyed equipment owned by Clearwater directly — including a gazebo, a Bobcat and arena groomer — will be replaced by insurance, but most of the paddocks, buildings and stocks of feed like hay were owned by members, and were difficult to insure, Wiley said.

"We're on a forestry lease and a municipal lease," she said. "It would be kind of like putting up a shed on the side of the road and trying to insure it."

In addition to cleanup, they're currently raising donations to get facilities rebuilt as quickly as possible.

"Hopefully that doesn't take too long, because we're all in the same position, where we all really miss our horses."

POLITICS

DiNovo to seek NDP leadership

New Democrat MPP Cheri DiNovo is the first candidate in the race for the leadership of the federal New Democrats.

The well-regarded Parkdale-High Park MPP will officially throw her hat in the ring on Tuesday in Toronto.

DiNovo, an outspoken critic of ousted NDP Leader Thomas Mulcair, wants the federal New Democrats to "reaffirm" their socialist principles, tackle climate change, and advance social justice.

While she will not immediately resign as an MPP, sources close to her say she won't seek re-election in the 2018 provincial election regardless of the outcome of the federal leadership contest.

Cheri DiNovo
TORSTAR NEWS SERVICE FILE

A champion of LBGTQ and other minority rights, DiNovo is one of the most effective opposition MPPs at Queen's Park with the Liberal government routinely adopting her private member's bills as government legislation.

Her work has led to increases in the hourly minimum wage, recognition of post-traumatic stress disorder as a workplace injury, and added gender identity to the Ontario Human Rights Code, among other changes.

TORSTAR NEWS SERVICE

Rules on assisted dying weak: Philpott

HEALTH CARE

Minister says provincial guidelines don't cut it

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

Jane Philpott, Minister of Health, speaks at a conference in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

"That means that, effective tomorrow, you may be asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in some cases, even stronger than — those proposed in the government bill, C-14.

> **Doctors may have inadequate protection.**
> Jane Philpott

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

THE CANADIAN PRESS

ONTARIO

Police concerned by youth suicide rates

Police in Woodstock, Ont., say that five people aged 19 and younger have killed themselves since the beginning of 2016 in what an official of the Canadian Mental Health Association is calling a "suicide contagion."

Woodstock's chief of police said that in the same time frame 36 people have expressed suicidal thoughts or attempted suicide in Oxford County, which includes Woodstock and seven neighbouring communities. Woodstock and some of the surrounding area had a population of about 38,000 — nearly 9,000 of them 19 and younger — according to 2011 census data.

Officials in the area said they're working together to ensure they have enough resources to deal with the onslaught of calls to crisis lines, but high school students said they aren't seeing the effects.

In response to the situation, high school students in the city are speaking out on social media.

One Facebook group, called Youth Suicide Prevention in Woodstock, has more than 5,000 members. It was created by Gail Evraire, 39, who lives in Woodstock, to give teens an outlet to discuss their experiences.

"There was nothing being said about our youth, and what our youth were expressing about what their needs might be," she said.

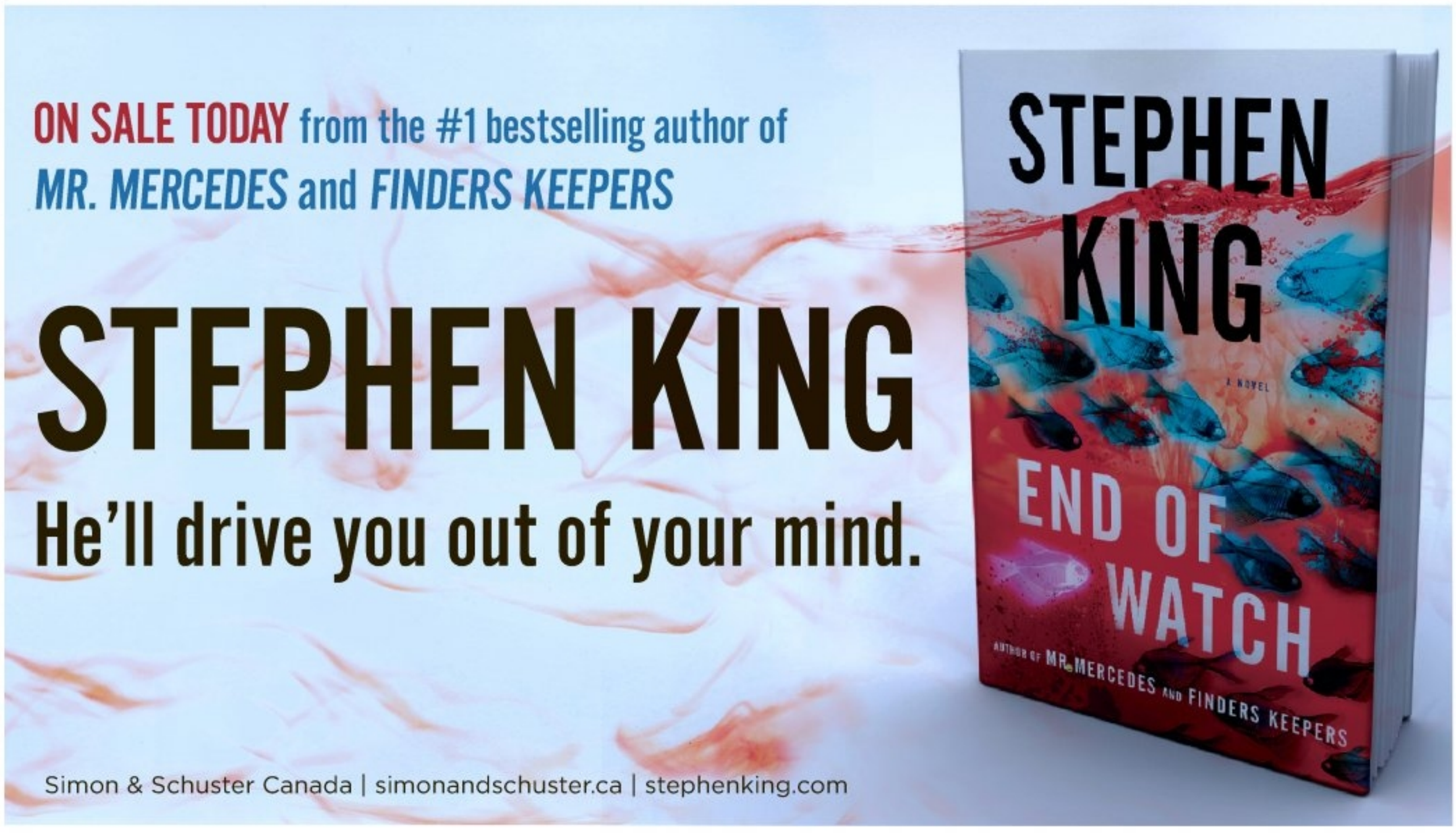
"These are their peers that are taking their lives, and I can't imagine what the kids must be feeling."

THE CANADIAN PRESS

'CONTAGION'

Combatting a crisis

Mike McMahon, the executive director of CMHA Oxford, said his organization has been collaborating with police, the Thames Valley District School Board and other officials to combat what he called a "suicide contagion," the theory that one suicide can trigger other suicides in a community.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Clinton on the cusp

U.S. POLITICS

Candidate has the delegates to win Democratic nomination

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count. AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not formally cast their votes for Clinton until the party's July convention in Philadelphia, all those counted in her tally have unequivocally told AP they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party and provided one of the last endorsements to put Clinton over the top. THE ASSOCIATED PRESS

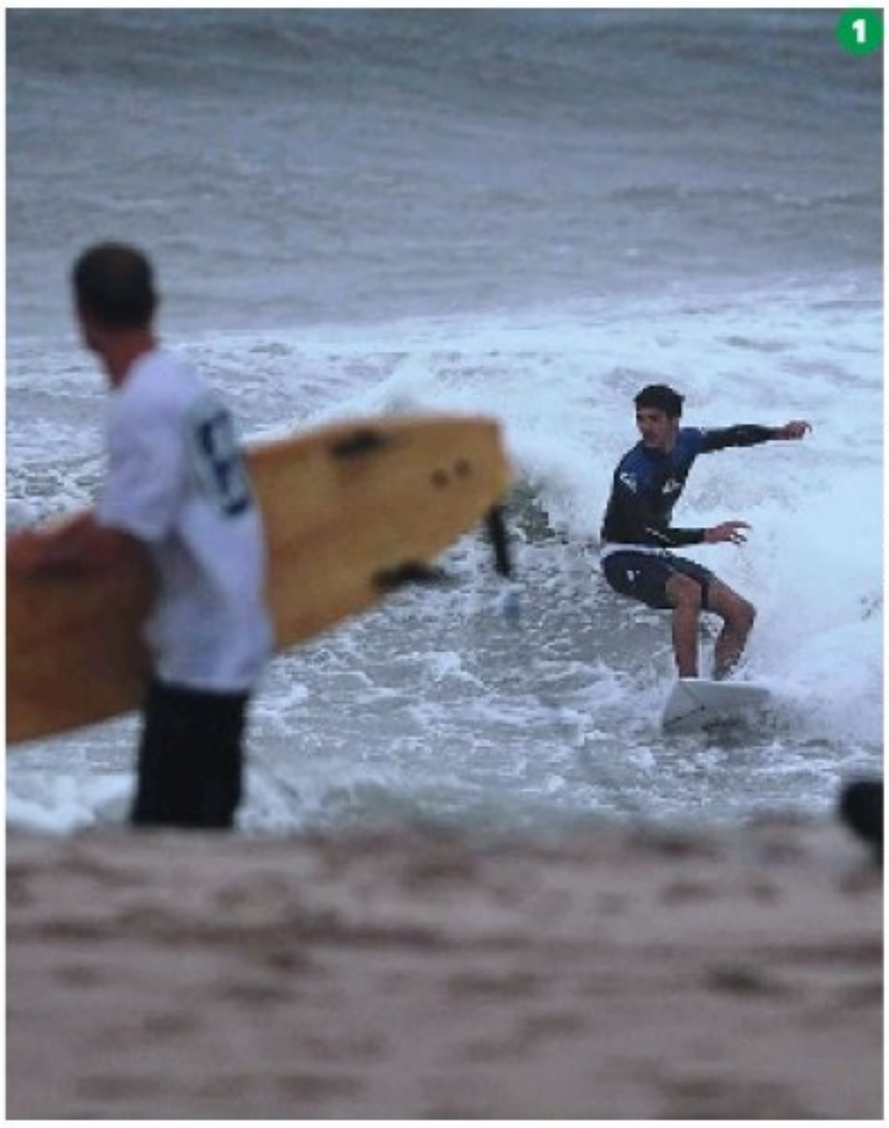
IN BRIEF

Mother in Cincinnati gorilla case won't be charged

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off" as children sometimes do.

The killing of Harambe, a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't warrant a child endangerment charge. THE ASSOCIATED PRESS



WEATHER

Power outages, flooding as tropical storm pelts Florida

Heavy rains from Tropical Storm Colin hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast.

Residents filled sandbags, schools closed early and graduation ceremonies were postponed as Gov. Rick Scott declared a state of emergency.

The National Hurricane Center said Colin marked the earliest that a third named storm has ever formed in the Atlantic basin.

Colin's maximum sustained winds Monday were near 85 km/h with some slow strengthening possible during the next two days. While rains pelted the region, the storm was centred about 305 kilometres west-northwest of Tampa and was moving north-northeast at 37 km/h.

Early Monday, Ronald P. Milligan, 74, stopped by a park in St. Petersburg where authorities planned to distribute sandbags because the ditch in front of his home had filled during the previous evening's rain.

"If last night was a 'no storm' — and the water was almost up to the hump in my yard — I'm worried," Milligan said, motioning to about knee level. He's lived in Florida since the late 1970s and hasn't ever prepared for a storm this early.

Sandbags also were distributed in Tampa and cities and counties throughout the region. About 7,600 people were without power in the Tampa Bay area.

The latest forecast for Colin called for the centre of the storm to make landfall near the Big Bend area of Florida sometime Monday evening, and move across the Florida peninsula into Georgia and then move along or just off the South Carolina coast before heading out to sea. THE ASSOCIATED PRESS

1 Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla.
JOE RAEDLE/GETTY IMAGES

2 Storm clouds from Tropical Storm Colin flank the Orlando Eye Ferris wheel as severe weather moves in.
JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

3 Guests leave CityWalk at the Universal Orlando theme park complex in a torrential downpour as the first rain band from Tropical Storm Colin arrives.
JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

People with knee osteoarthritis needed for a research study!

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers aged 50 and older with knee osteoarthritis to participate in a study involving a knee radiograph, three 2-hour visits at UBC to assess walking characteristics, and a four-month supervised walking exercise program.

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Canadians buy fresh less often

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those rising prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.

TOURISM

Majority of Canucks plan domestic trips

More Canadians are expected to leave their passports at home this summer and hit the road in Canada as the weak loonie and low gas prices prompt a deeper exploration of their own country.

Canada's major tourism destinations are expecting a banner year as Canadians pursue staycations and more travellers from the U.S. and abroad visit the Great White North.

The Banff-Lake Louise area in Alberta is one of the country's most popular destinations, attracting nearly four million visitors a year. Following a 20 per cent increase last year, Parks Canada is anticipating a seven per cent hike in visits this year.

"We've seen it since the dollar took its southern route," said Nancy Dadalt of Banff-Lake Louise Tourism. "I think the dollar has impacted Canadians wanting to stay closer to home."

Niagara Falls, Cape Breton, Old Quebec City and Whistler make the list of top Canadian destinations each year. But there are other options, from large annual events like the Calgary Stampede to quaint small towns and tranquil lakes.

Some hot spots may get birthday boosts. Toronto's CN Tower is 40 years old, and the Blue Jays are playing their 40th season.

About 55 per cent of Canadians who are planning vacations this summer intend to explore Canada, up nearly seven points from a survey conducted last year, said the Conference Board of Canada. THE CANADIAN PRESS

A view of Two Jack Lake in Banff National Park.
TRAVEL ALBERTA/THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, June 7, 2016

ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women in the U.S. will get an abortion before age 45, according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

By forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

Metro POLL

Will you watch the NHL playoffs?

No Canadian teams are left in the running for the Stanley Cup. Back in April, ratings for the first week of the NHL playoffs were down 61 per cent. And now that the Pittsburgh-San Jose final is upon us, we asked how much attention you have been paying.

How much of the NHL playoffs have you watched this year, compared to past years?

80%: Less
It's hard to care with no Canadian content.
17%: About the same
The games are as entertaining as ever.
3%: More
It's a more interesting group of teams than usual.

No Canadian NHL teams + Raptors rocking the country = low NHL ratings.
There are way better things on TV than hockey.
I have my favourite couple of teams I watch and if they don't make it, I'm done.
Playoff hockey is still the best kind of hockey, regardless of which teams are playing.
visit metronews.ca HAVE YOUR SAY

The death of a gorilla showed how quickly we all rush to judge

URBAN COMPASS
Petti Fong

It was tempting last week to be one of the hundreds of thousands of people to give their opinion about two separate incidents in which only a few had any personal insight.

Whether we did or not, it's easier at this point to conclude what kind of individual we all believe ourselves to be based on our reaction to the zoo gorilla being shot after a boy fell into his enclosure or the little boy in Japan who went missing for six nights in a forest inhabited by bears.

Spoilers: The two little boys survived, the bears went hungry and the gorilla was killed.

The parents of the Japanese boy are contrite. The parents of the boy who climbed into the gorilla cage could have been charged. Most of us, likely, are still reeling on the sentence that the gorilla was killed.

Here's how we know, in a very crude way, how the balance sheet of our reaction is stacking up.

More than half a million people signed just one petition seeking justice for Harambe, another 19,000 want a memorial set up for the dead gorilla. Those were just two of nearly 50 petitions on change.org started after zoo officials shot Harambe on May 28th.

One petition, urging sympathy and compassion for the boy's parents, received just 113 signatures, including one person, Micki Stickford of New York, who protested that he accidentally signed the petition thinking he was "signing one in favour of the gorilla." The gorilla's death was blamed on the parents and the zoo and Stickford wrote: "If I could unsign it — I would." A supporter who did sign the petition said it was wrong to blame the parents for their four-year-old boy doing what boys do.

The focus, when not on the dead gorilla, has been on parenting. What is it that individual parents do that make us so ready to scrutinize?

Author Christine Gross-Loh, who wrote Parenting Without Borders: Surprising Things Parents Around the World Can Teach Us, says parents are under more criticism today than they were ten years ago and it's because of the online culture where anyone can express their outcry.

"Online, people who have a certain opinion will find lots of people who share it and they can encourage themselves in having strong opinions and they will become emboldened to comment at will on things they think invades them," she says.

Online outcry encourages rapid response. It's worth considering how much we are the product of, and how we react automatically, based on our cultural outlook.

In Japan, a long-running TV show sends kids as young as two, some weeping and reluctant, out on subways or walking alongside heavy traffic with tasks to do.

There will always be others who do things differently.

Of things we know nothing about, we still make judgments, quick condemnations and scrutiny, often in that order.

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Anne-Marie Mediwake and Ben Mulroney named co-hosts of Your Morning, CTV's new morning show]

Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick

ABOVE: Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 —worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29.

Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent getting burned. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return.

Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompanied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career she loved. "It's my skill set. I can set up a tarp with my eyes closed," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

TORSTAR NEWS SERVICE

NEED TO KNOW

Types of skin cancer
Basal cell: Can cause disfigurement; **Squamous cell:** Can grow and spread; **Melanoma:** Can be deadly.

Mole warning signs
Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen
Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing
Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

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How Perry and pop stars inflate obesity

NUTRITION

Study points to raft of celebrity endorsements of snack food

Would U.S. teens be any slimmer if Katy Perry hawked kale and quinoa?

New research doesn't prove a link, but its authors think music stars popular with teens may be contributing to the obesity epidemic by endorsing fatty fast food, snacks and soda.

The study shows that 20 of the hottest teen-music heartthrobs have done TV ads or other promotions for products nutritionists consider unhealthy. Included were videos of company-sponsored concerts.

Of 107 food and drink endorsements included in the study, few were for nutritious foods, the researchers said.

Lead author Marie Bragg, a food policy and obesity researcher at New York University, singled out one "natural whole-food product." That was South Korean pop star Psy's "crackin' gangnam-style" TV ad for Wonderful pistachios, shown during the Super Bowl in 2013.

About 80 per cent of celebrity-endorsed food ads were high-calorie products including snack chips and chocolate, or fast-food restaurants including McDonalds, Chili's and A&W.

The list includes Perry endorsements for Pepsi and Popchips; Justin Timberlake ads or promotions for Chili's, McDonald's and Pepsi; and will.i.am ads or campaigns linked with Coca-Cola, Doritos, Dr. Pepper and Pepsi. The study was published in the journal Pediatrics.

Ads can influence behaviour, and the researchers say the results have important implications, given the nation's high obesity rates. Government statistics show that about 20 per cent of U.S. teens are obese and even more are overweight.

They selected performers who have appeared on Teen Choice Award shows and who had hits on the Billboard Hot 100 in 2013 and 2014.

They cited previous studies linking food and beverage marketing with childhood obesity. Bragg noted a 2013 study from Australia that found sports celebrity endorsements influenced boys to buy fast food.

Bragg said it would be unrealistic to expect teens to only eat healthy foods, or to ask celebrities to only endorse those products. She said "moderation" and "a better balance" of ads would be ideal. THE ASSOCIATED PRESS

Katy Perry endorses Pepsi, left, and Popchips. GETTY IMAGES

INTERVIEW

It's all about diet says Underwood's trainer

Erin Oprea knows you don't have time.

That's why the celebrity trainer and former U.S. Marine has crafted a "do-anywhere" workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows. Her new book The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want (Harmony: $27.64) tells readers how to get more out of limited time. The key is in the kitchen.

Celebrity trainer Erin Oprea. TORSTAR NEWS SERVICE

Can most people accomplish their fitness goals with body weight exercise?
They can reach their goal, but so much of reaching your goal is your nutrition. If you don't change your nutrition, then you're never going to get results. You can't out-train a bad diet.

What are some of the biggest diet misconceptions?
One of the big myths that's out there is "carbs are bad," which I totally disagree with. Carbs are our energy source. They're fuel for our body. If you put bad gasoline in your car it's not going to run like it's supposed to.

Can you ruin a week's worth of exercise in a few meals?
Absolutely. You cannot outtrain a bad diet. If you workout really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining, but you're not going to get to where you want to be.

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LEARNING CURVE

Students, get to work on your resumé this summer

If you're a student looking for work this summer, there's more to consider than the cash.

Employment advisor at Red River College Bobby Varghese says your first choice should always be in the industry you're hoping to get a permanent job in.

"If a program doesn't have a co-op then the students should actively be looking out early in the early for jobs," Varghese says. "Even now, it's fine, there are opportunities but you really have to identify which industry you would like to be in and the next step would be creating a list of potential businesses and organizations.

"Some people like to work in the profit sector, and some people like to work in the non-profit sector."

Varghese recommends contactmb.org/ for finding non-profit organizations, a site that helps narrow down the search by organizing groups by their work with immigrants, youth, elderly and more.

ISTOCK

"Jobs outside the field would not be the first choice, so to speak," Varghese says. However, he added that most jobs — whether they are related or not — likely have transferable skills that will benefit the student.

"For example, a business administrative student wanting to find employment as a security guard, well is it related? No," he says. "On the surface it's not, but if you go a bit deeper, well you're doing monitoring, documentation, you're learning to use a two-way dispatch radio, you're using conflict resolution, negotiation and interpersonal skills.

"The first option is a job in your field, and if that doesn't work, expand your field of search."

Regardless of where you are looking, the first stop should be your school's employment services centre. At Red River, Varghese and his team work coach students to create updated and effective resumés, cover letters and portfolios.

"I would encourage students to make full use of their employment services," he says. "The U of M, U of W all have excellent centres. At Red River, we try our best to do an effective job."

CONTRIBUTED

Practicum makes perfect career sense

Having worked in hospitality and customer service, Lindsay Stevens was looking for a career that wouldn't require years of back-breaking training. With WorkBC citing health as one of the largest and fastest growing sectors in British Columbia, she turned to the medical office assistant program at Burnaby School District's Community and Continuing Education.

"The program I took was accelerated. It is highly intense but if you work hard work and apply yourself, you'll benefit from the many opportunities that are available in this industry," says Stevens, who graduated in December 2015 and just two months later was working in the field. "When I started to apply for jobs, I was confident that I knew my stuff."

Among the topics covered in the offering are medical terminology, manual and computerized medical billing, medical transcription and electronic medical records. But what Stevens found particularly beneficial was the program's practicum.

"They have definitely created a program that allows everyone to be fully engaged," she says. "And I found that during the practicum being able to see in practice what I had learned was fantastic."

In addition to the accelerated, 15-week, full-time program, students who need a more flexible schedule can opt to complete a part-time version. The next intake for both programs is September 2016.

To learn more, attend a free information session on June 21 at 6:30 pm at Burnaby Central School (6011 Deer Lake Pky).

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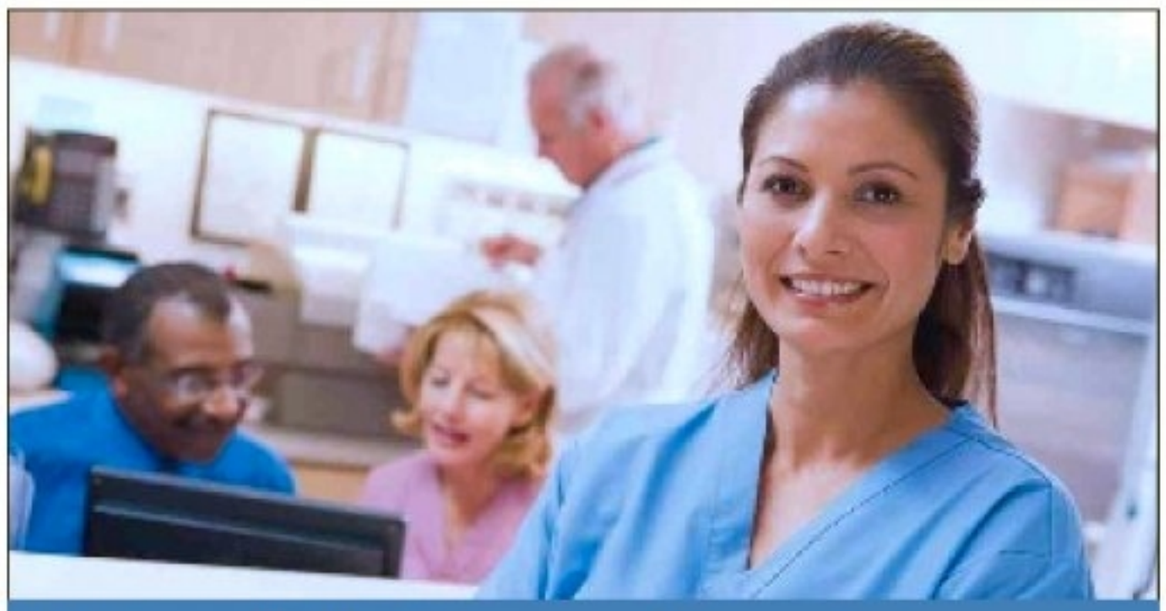

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Care aide program boosts employment possibilities

Approximately eight weeks in Pacific Coast Community College's (PCCC) acute care skills for resident care aide program is all it takes for experienced health care assistants to expand their employability, says the school's president.

"I am increasingly telling students to be prepared to be preferred because they are even getting hired during their practicum before they complete the program," says Scott Jeary. "There is definitely a demand for acute care aides."

Offered to licensed health care assistants who have a minimum of 600 hours of related facility employment experience, the program consists of two theoretical units that cover topics such as delegation of tasks, safe medication delivery and administration, and care of clients in acute care, as well as a clinical practice.

"Classes are only about 10 to 12 people in size, compared to other schools where there are 30 or more students per class, so there is lots of one-on-one time with instructors who are all registered nurses with years of experience," says Jeary. "Also, the program is organized so students can continue to work at their current jobs."

ISTOCK

Clinical practice in an acute care ward at either Vancouver General Hospital or Lions Gate Hospital, meanwhile, rounds out students' training.

"We have the privilege to offer curriculum and programs at the highest possible level, which gives our students access to real world experiences in a world class hospital setting," says Jeary.

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Make a difference as a practical nurse

Nursing is the most respected profession in Canada, according to a poll released last week by Insights West.

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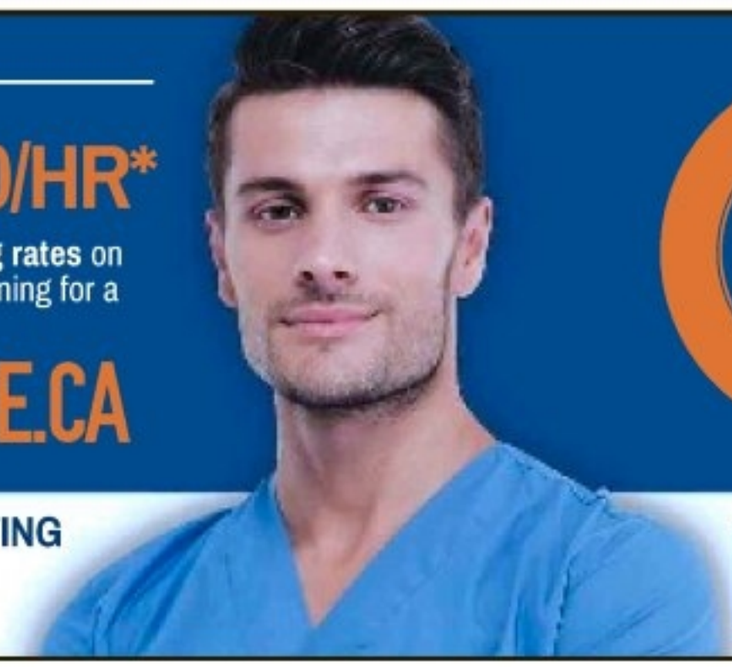

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Sweet sounds of mixing it up as a music student

The saying, "music to my ears" takes on a literal meaning at Vancouver Community College, where in just two years the music diploma program prepares students for careers as professional musicians.

"Our students are out there working," says Ken Morrison, VCC's music and dance department head. "Because we equip students with a variety of knowledge, they don't have to work outside of the field while waiting for their big break. They can write, arrange, play, teach and so much more. If that big break doesn't happen, they aren't limited in their options to have a satisfying life."

Offered for the past 42 years, the program, says Morrison, is rooted in classical and jazz studies but includes and welcomes instrumentalists and vocalists in rock and popular music as well as music traditions from other cultures. In fact, it is currently undergoing a curriculum review in an effort to integrate more aspects of contemporary music.

The school's diverse approach is showcased through its range of ensembles, which students must join as part of their studies. Among them are: VCC Concert Choir, Jazz Orchestra, Latin Jazz Ensemble, Brass Ensemble, Electric Jazz (Fusion and Funk) Ensemble and New Music Ensemble.

"We're trying to break down barriers," says Morrison. "Categories aren't really relevant and people are interested and have access to all types of music. Music education institutions are responsible for giving students well-rounded knowledge and we do that through academic and skills courses and performance opportunities."

Another factor, says Morrison, that sets VCC's program apart is the diversity of students to whom it caters. Not only is there no cap on enrollment (meaning students can still enroll for the fall semester), but the school also prides itself on accepting students at all career stages.

"Smart, talented and committed are the three criteria we look for during auditions," he says. "Beyond that, we look for potential. So, we get this great mix of new and experienced musicians, which creates a really interesting dynamic."

To learn more about VCC's music programs, visit vcc.ca/music, email music@vcc.ca or attend an info session on June 15 at 4:15 p.m., at the Broadway campus.

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Program	Campus
English as an additional language Tuesday, June 7, 10:30 a.m. - room 3600	Broadway
Volunteer management Wednesday, June 8, 4 p.m. - room 237	Downtown
Baking and pastry arts Thursday, June 9, 10:30 a.m. - room 216	Downtown
Fashion arts Thursday, June 9, 1 p.m. - room 920	Downtown
Digital graphic design Thursday, June 9, 5 p.m. - room 822	Downtown
Administrative assistant Monday, June 13, 4 p.m. - room 622	Downtown
Medical transcriptionist Monday, June 13, 5 p.m. - room 622	Downtown
Interior design Tuesday, June 14, 4 p.m. - room 718	Downtown
Music Wednesday, June 15, 4:15 p.m. - room 3001	Broadway
Teaching English to speakers of other languages (TESOL) Wednesday, June 15, 6 p.m. - room 2206	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

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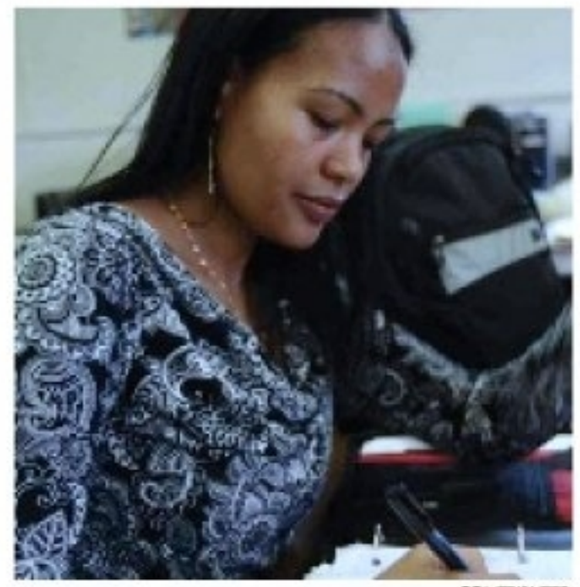
Earn high school credits at self-paced work experience course

The Vancouver School Board (VSB) is giving adult learners the opportunity to discover their career path while they earn four credits towards their high school diploma, thanks to self-paced work experience courses.

"The courses' biggest component is 90 hours of actual work placement," says Leanne Ross, a work experience coordinator with adult education at VSB. "Students also develop their awareness and ability to discuss their own skills, and gain an idea of what's out there and how to look for meaningful jobs."

As students expand their networks and thinking, they complete numerous assignments such as working on a resume and cover letter, creating a plan of what they hope to achieve and writing an essay about what they learned during placement. They also learn about relevant topics such as conducting an interview and workplace safety.

"Because these are self-paced courses, students don't come to class but instead check in with me throughout the course," says Ross. "Even that is part of their development. Because they are communicating with me, they are getting to practice communicating in a business-like manner."



CONTRIBUTED

VSB offers work experience 12A, which includes an introduction to health and safety, and 12B, which has a stronger focus on health and safety. Both, however, include elements such as job search and employability skills, problem solving and career planning. Ross says those interested should have a Grade 11 or 12 level of written communication.

Weeklong event hopes to take the mystery out of cyber security

CONTRIBUTED

To raise awareness around cyber security while introducing its master of science in information, network, and computer security students to their field of study, New York Institute of Technology's (NYIT) Vancouver campus is hosting an event dubbed Cybersecurity Week.

"There continues to be a lot of mystery and apprehension around network security and Cybersecurity Week will provide valuable information to the community that will enable them to ensure their organizations are safer against cyber security threats," says Paul Dangerfield, dean and executive director of NYIT Vancouver.

Cybersecurity Week, which includes NYIT's annual Cybersecurity Symposium, along with an academic research workshop, the International Workshop on Information Security, Assurance, and Trust (I-SAT 2016), takes place June 8 to 10.

"The symposium will focus on managing cyber security risks," says Dangerfield. "One of our sponsors, Hootsuite, is very familiar with this because in its early days it didn't have a security program. We have two Hootsuite speakers who can provide information on not having it and starting it up."

In addition to Hootsuite's senior director of technology, Noel Pullen, and Irwan Tjan, its chief information security officer, the symposium will feature Ladi Adefala, senior security strategist at Fortinet, and Leopold de Souza, the senior manager of technology planning for the City of Vancouver.

I-SAT 2016, meanwhile, will be an opportunity for academic researchers, faculty and students to examine research that is underway in cyber security.

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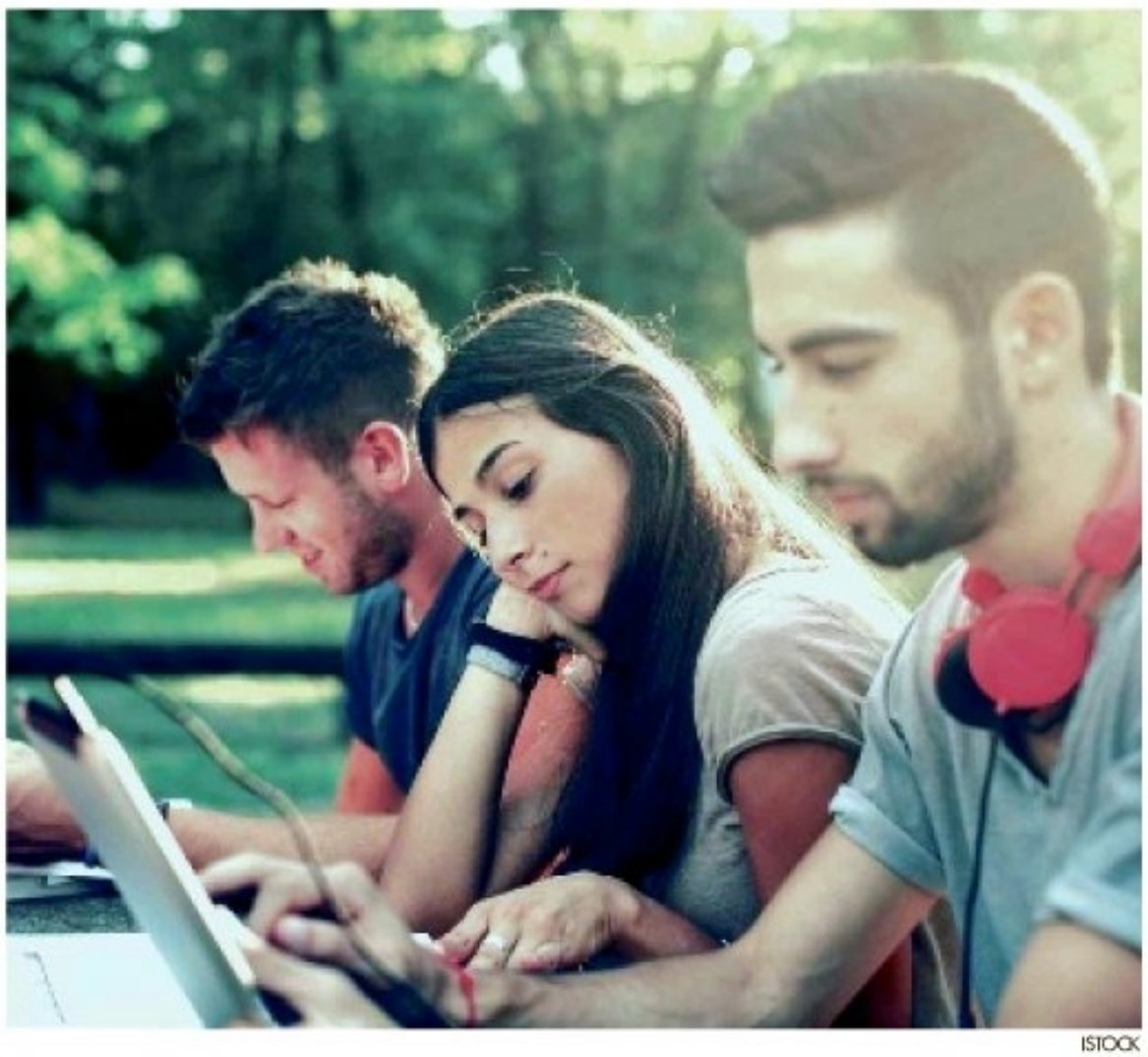
NYIT

Find the right work/fun balance over summer break



ISTOCK

Being released from college or university for the summer can be a very liberating feeling. Initially it's good to enjoy your time off but sooner rather than later, rigid as it sounds, students should figure out a work-to-fun ratio for how they plan to spend their summer. Obviously, this ratio changes from individual to individual based on personal circumstance so act according to where you live, what you need to live and how strong family's financial situation is.

Experienced student Lindsay Vandewater offered up her opinion. "Do things in moderation and be mindful that a new school year is around the corner," says the double major in psychology and biology at St. Mary's University in Halifax.

"Summer months are usually when students want to have fun with friends and travel but keep in mind that most students will still have to pay rent and/or tuition so motivate yourself to stay on a budget."

Students should evaluate how productive their most recent post secondary year was and go from there. If you genuinely feel you need to study more then do so, or take a course to sharpen up for the fall.

On the other hand if you feel satisfied and content with your work rate then earning extra money will broaden your recreational options and activities for the summer ahead and possibly allow you to purchase some luxuries throughout the upcoming term on campus.

"Looking at the historical ratio between average income available to a student — even if they are working full time — and the cost of a post secondary education, there is quite a bit of disparity these days," says Ava Nasiri, the president of the Alma Mater Society for students at UBC Vancouver.

"It's often something students neglect but it's really important for them to have their finances balanced. This isn't always possible as every individual has a different story and a different financial situation. It's definitely tougher in today's world for students to pay their own way through university education."

Regardless of how tricky it can be or how you choose to strike your work-play balance this summer, just make sure to err on the side of caution and put your studies first. Securing those post secondary qualifications should be your foremost future goal so promise yourself that a negligent or indulgent season doesn't dent or hinder your chances of achieving that goal.

CONTRIBUTED

Train to become a health care administrator

Keeping British Columbians healthy and well cared for is a top priority, and medical professionals need high-calibre administrators to make that happen.

Medical office administrators work directly with doctors, nurses, technicians and other medical staff in a variety of medical settings to provide the highest quality care for British Columbians.

Whether you're working in an emergency room, with a general practitioner or in the office of a specialty medical clinic, there's always a new and interesting challenge.

Many abilities become second nature to a medical office administration professional. They bring attention to detail to the workplace in everything they do, including managing billing software, medical record maintenance and medical transcription. They also need the ability to perform basic medical tests.

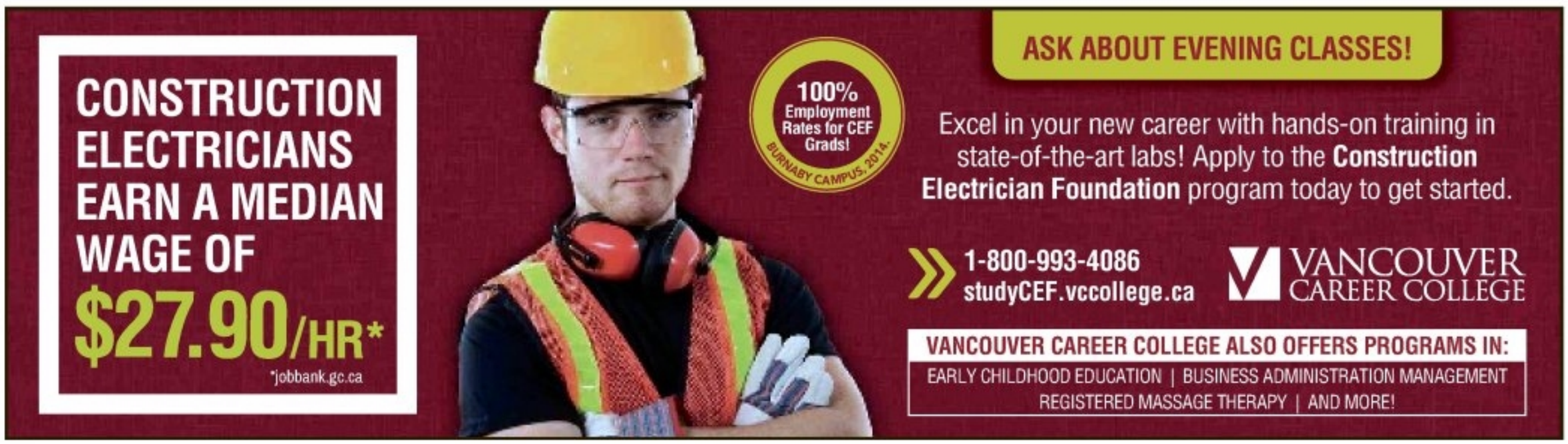
An understanding of medical terminology is also important. Medical office administrators have core knowledge in areas including pharmacology, clinical procedures, human anatomy and diseases.

Interpersonal relations skills are also valued. An administrator's ability to tailor their care to each client is critical to the success of the organization.

The career is well-paid and rewarding. Medical secretaries in B.C. can earn up a median wage of $21.63 an hour.

If you're looking to develop a solid background in these skills, the Medical Office Assistant program at Vancouver Career College is a great place to start.

Find out more about the program at Vancouver Career College online at study.vc-college.ca, or by phone at 1-800-993-4086.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metro SPORTS

Stephen Curry has withdrawn from consideration for the U.S. Olympic team, citing recent ankle and knee injuries

Cup in sight for Pens

CUP FINAL

Pens take 3-1 series lead with chance for glory at home

The Pittsburgh Penguins are one win away from their fourth Stanley Cup.

Phil Kessel and Evgeni Malkin had two points apiece and Matt Murray made 23 saves as the Penguins captured Game 4 of the Stanley Cup final in San Jose on Monday night, edging the Sharks 3-1 at SAP Center.

Malkin scored his first goal of the series and added an assist while Kessel set up a pair. Ian Cole and Eric Fehr also hit the scoresheet for the Penguins, who can win their first Stanley Cup since 2009 at home on Thursday night.

Melker Karlsson scored for the Sharks and Martin Jones stopped 17 of 20 shots.

Though San Jose came out with good energy on home ice, it was Pittsburgh getting on the board first for the fourth consecutive game to open the series. The play was engineered by Kessel, who broke into the Sharks zone, dangled around defenceman Brenden Dillon and then flung a shot at Jones, with the rebound skipping straight out to Cole on the weak side.

The Penguins defenceman quickly fired into an open cage.

Malkin landed his first point of the series with an assist on the goal, but in the second period he beat Jones for a goal of his own. Positioned to the left of the Sharks goalie on a power play, the Russian centre took a cross-ice pass from Kessel and finessed it into the net.

Murray was finally beaten about eight minutes into the final frame by Karlsson. Karlsson took possession of the puck after a scramble in front of the Pittsburgh net and fired it just under the left arm of Murray.

Fehr scored his goal into an empty net. THE CANADIAN PRESS

GAME 4 In San Jose

The Penguins' Carl Hagelin drives the Sharks' Patrick Marleau into the boards on Monday night. BRUCE BENNETT/GETTY IMAGES

ALI FUNERAL

Farewell 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was really designed by The Champ himself," said Timothy Gianotti, an Islamic studies scholar who for years helped to plan the services. "The love and the reverence and the inclusivity that we're going to experience over the coming days is really a reflection of his message to the people of planet Earth."

The 74-year-old three-time heavyweight champion wanted the memorial service in an arena. He wanted multiple religions to have a voice while honouring the traditions of his Muslim faith. And he wanted ordinary fans to attend, not just VIPs.

Former U.S. president Bill Clinton, a longtime friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled. THE ASSOCIATED PRESS

IN BRIEF

Cherry returning to Hockey Night in Canada

Don Cherry is returning to Hockey Night in Canada for another season.

The 82-year-old star of Coach's Corner has agreed to a one-year deal, Scott Moore, president of Sportsnet and NHL properties, said on Monday.

Cherry's two-year deal with Rogers, which owns Sportsnet, expires at the end of the playoffs. THE CANADIAN PRESS

Don Cherry GETTY IMAGES

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RECIPE Niçoise Salad

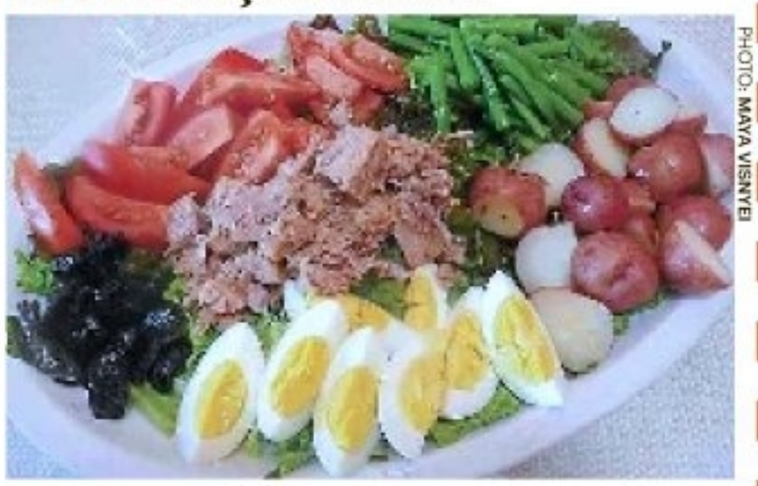

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in
Prep time: 25 minutes

Ingredients
- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ¼ cup black olives, pitted

For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ½ cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.

2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.

3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.

4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.

5. Drizzle salad dressing over.

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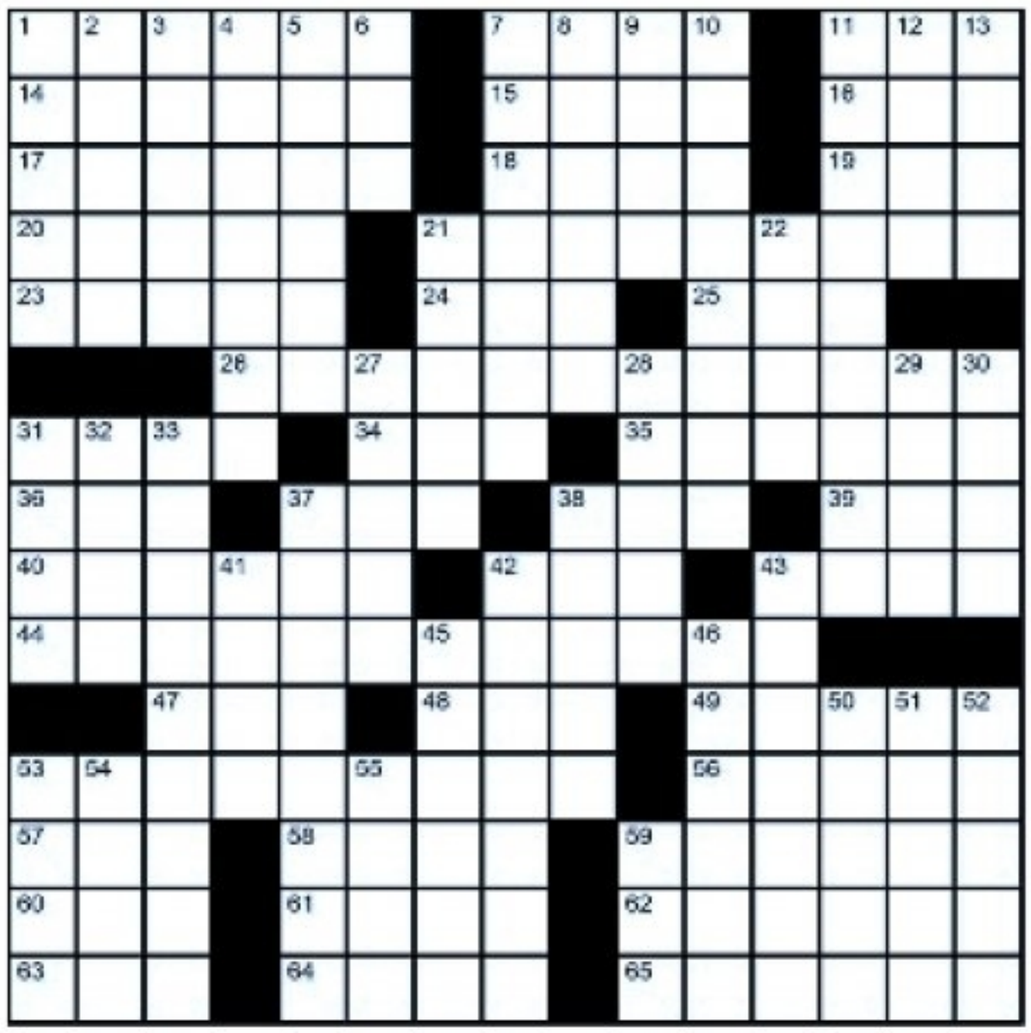
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Garlic shrimp dish
7. __ milk
11. Better
14. Adam Levine's band, __ 5
15. Mozart opera, __ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. __ __ were (Seemingly)
19. Mary __ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's li'l state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, __ Bo
43. FDNY's 'D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sister on '70s TV
60. Yearning
61. Printer paper purchase
62. English novelist Jane
63. Wilt
64. NASDAQ rival
65. Clever comeback

DOWN
1. __ dab in the middle!
2. Prefix to 'graphy' (Fancy writing)
3. "Is that __ __ sapphire?" (Jewellery store query)
4. Days following todays, olde-style
5. Saskatchewan export
6. Amer. pals to CMs on rulers
7. __-cat
8. Where Pristina is the capital
9. "The cheque __ __ the mail."
10. Canadian singer/songwriter Joni, one of Prince's musical inspirations
11. Is prudent: 2 wds.
12. Count __ (2004 Jim Carrey role)
13. Compensates
21. __ tube (Lake fun thing)
22. Kitty sound effect
27. Accounting firm, __ & Young
28. Historical drama of 2000 starring Uma Thurman, Tim Roth and Gerard Depardieu
29. Red Serge force, commonly
30. Tues., on Wed.
31. 'Canada' begins with one: wd. + letter
32. 'Air'-meaning prefix
33. Bright, as an outcome
37. Rope of twisted-together-strands: 2 wds.
38. Silent film actress Ms. Normand
41. __ __ the crack of dawn
42. Ancient three-levels-of-oars Mediterranean ship
43. Most cherished
45. Madonna's 1996 title role's namesakes
46. False
50. So much, in music
51. Calculator ...when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expanse
55. Stone hue
59. Stop

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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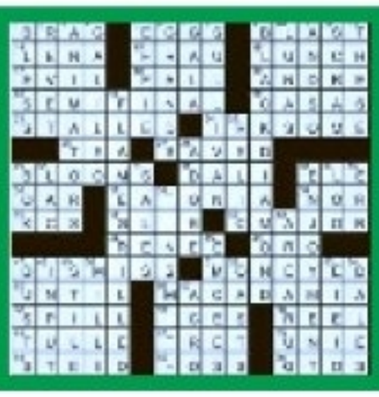

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